

Burnout & Overwhelm

Recognize overload early and create a more sustainable pace.

Burnout often builds slowly. If you have been running on empty, this worksheet can help you notice the signs, identify what is draining you, and choose small changes that support recovery.

Signs I may be overloaded

- Constant fatigue or trouble recovering
- Irritability, numbness, or low patience
- Feeling behind no matter how much I do
- Difficulty concentrating
- Loss of motivation or enjoyment
- Resentment toward people or responsibilities

What is draining me most right now?

Tasks, roles, or stressors that feel most depleting:

What helps me recover?

Activities, people, or routines that genuinely restore me:

Reduce the load

What can I pause, delegate, delay, or do less of this week?

Recovery plan

One boundary I need:

One restorative action I will schedule:

This worksheet is for educational and supportive purposes and is not a substitute for emergency or crisis care.